

Lunch

4 SERVINGS PREP TIME: 20 MINUTES COOKING: 35 MINUTES

Millet and Edamame Poke Bowl

This vegetarian poke bowl has less protein than traditional recipes and makes a balanced kidney-friendly meal.

INGREDIENTS

- 1 cup millet, rinsed and drained
- 1 ½ cups salt-free chicken broth
- 1 tbsp olive oil
- 2 yellow bell peppers, thinly sliced
- 2 cups frozen edamame
- 12 cherry tomatoes, quartered
- 2 green onions, chopped
- 4 tbsp fresh herbs (cilantro or flat-leaf parsley), chopped
- 1 tbsp sesame seeds (optional)

DRESSING

- 2 tbsp light mayonnaise
- 1 tbsp toasted sesame oil
- 1 tbsp rice vinegar
- 1 tsp honey
- 1 tsp fresh ginger, grated
- Zest of 1 lime, grated

PREPARATION

1. In a saucepan, over high heat, combine the millet and broth, and bring to a boil. Cover and cook over medium-low heat for 20 minutes, until the broth is absorbed.
2. Meanwhile, in a large skillet, over medium-high heat, heat the olive oil and sauté the bell peppers for 10 minutes, until well-coloured. Set aside.
3. In a small saucepan of boiling water, blanch the edamame for 3 minutes. Rinse with cold water and drain.
4. In four serving bowls, divide the millet, bell peppers, edamame, and tomatoes. Garnish with green onions and cilantro.
5. In a small bowl, vigorously whisk all the dressing ingredients. Drizzle the dressing over the bowls and sprinkle with sesame seeds, if desired.

NUTRITION FACTS PER SERVING: ¼ of recipe / Calories: 425 / Fat: 20 g / Carbohydrate: 50 g / Fibre: 9 g / Sugars: 6 g / Protein: 14 g / Sodium: 150 mg

NOTES

- Edamame is a legume that provides high-quality protein, supporting weight management and lower waste build up in the kidneys.
- Whole grains such as millet, quinoa, brown rice, buckwheat, barley, or oats supply minimally-processed carbs that help slow cyst growth and disease progression.
- Grains can be batch-cooked and frozen for quick meals.
- Flexible with all sorts of vegetables (raw or roasted) and fruits such as berries, bananas, or apples.
- Helps reduce food waste by using up what's on hand.
- Poke bowls are interactive, family-friendly, and customizable while staying on track with kidney-friendly eating.
- Find more info about grains in the first edition of *Love Your Kidneys*.